

THE BRECKENRIDGE NEWS.

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NO. 18.

PNEUMONIA.

Dr. Cyrus Edson Writes of How to Ward Off the Disease.

Strengthen Your System To Resist All Kinds of Diseases.

If a Sudden Chill Comes on Take Some Quinine, a Hot Foot Bath and Keep Warm in Bed.

AVOID FATIGUE.

Although more or less prevalent throughout the year, pneumonia, is peculiarly dangerous during the opening months of winter. With the first frosts a very marked increase takes place in the number of cases and during this cold, damp weather extra precaution should be taken.

Pneumonia is probably produced by an earth germ and when frost prevails the soil beneath the house is the only ground which is not frozen. The germs gradually work toward the warm, moist earth, and the house really acts as a sort of stove, which forms a ready mode of egress for them. The proper ventilation of rooms is therefore an important factor in guarding against pneumonia, one however, which is too often overlooked.

Lack of personal hygiene is the chief predisposing cause of the disease. Irregular hours, insufficient nourishment, dyspepsia, excessive fatigue or some disease which has lowered the general tone of the system, all weaken the power of resisting the pneumonic germ. When the system is run down, a sudden exposure to cold may prove fatal, while in a normal condition of body it would be thrown off. An instance which recently came under observation will serve to illustrate the importance of regularity in meals as a safeguard against disease.

Two young ladies of my acquaintance were traveling in a railway car, next to a man just recovered from small-pox, as was afterward found out. One of them had risen early and had breakfasted; the other had risen late and had not. The one who had not eaten caught the disease and the other escaped. The ladies were twins and almost exactly similar in physique and temperament and in my opinion, the temporary weakening of the system, caused by the omission of the morning meal, accounted for the disease being able to obtain a foothold.

There are three periods which the susceptibility to pneumonia is greatest. They are early childhood, that is up to seven years of age, between the ages of twenty and forty and after sixty. The power of resistance against pneumonia grows much feebler after sixty years of age, and nine-tenths of the cases prove fatal.

In New York we have a good deal of winter wind during November and December and the cold damp weather. It generally brings is very favorable to the contraction of "cold" and the subsequent development of pneumonia. The grip left its victims very predisposed to pneumonia, and it still exists to some extent in a modified form. This is the disease with which pneumonia most readily combines, and it is found in combination with diphtheria, typhoid fever, measles, scarlet fever and many others.

When a severe or sudden chill has been contracted the main thing is to act quickly, and many a serious illness can be averted and valuable life saved by a little intelligence coupled with promptitude. If possible, send for a doctor immediately, and meanwhile take ten grains of quinine and five drops of spirits of camphor in a little water or a lump of sugar. These doses are for an adult. Then soak the feet in hot water and jump into bed. Simple as these remedies are, they have tipped in the bud many prospective cases of pneumonia.

While soaking the feet, the body should be warmly wrapped in a blanket which should be kept on until some time after the person has entered the bed, in order that free perspiration be continued and not checked.

A good thing to prevent "colds" is to wear wool next the skin. When this is not possible, on account of the irritation sometimes caused, a mixture of wool and silk will generally be found satisfactory. I would not recommend cotton in any form for underwear, as it frequently causes the cause of a dangerous cold by becoming wet and keeping the temperature of the skin below the normal. Care should be taken that the feet do not get wet, or, if so, that prompt measures are taken to dry them and a change of hose made.

The care taken of the outside of the body must be supplemented by the same care of the inside. A moderate diet, wholesome food, plenty of rest, regular hours, will keep the whole system in good order and enable it to throw off the germs of disease, which can only obtain a footing when debilitation affords an entrance for the disease and a fruitful soil for its development.

CYRUS EDSON, Commissioner of Health for State of New York and for City of New York.—New York Herald.

Official Vote of Meade County,

November Election, 1894.

PRECINCTS.	Revere	Guffy	Montgomery	Lewis	Woodstock	Hanilton	Farleigh	Neitt	Arnold	Hagan	Paterson	Harrington	Osburne	Blair
Garnettville	59	51	105	89	124	17	102	116	25	111	91	102	53	112
Woodland	120	109	97	103	103	103	103	103	103	103	103	103	103	103
Court House	103	103	103	103	103	103	103	103	103	103	103	103	103	103
Ashtabula	103	103	103	103	103	103	103	103	103	103	103	103	103	103
Guston	103	103	103	103	103	103	103	103	103	103	103	103	103	103
Big Spring	103	103	103	103	103	103	103	103	103	103	103	103	103	103
Painesville	103	103	103	103	103	103	103	103	103	103	103	103	103	103
Cellar Branch	103	103	103	103	103	103	103	103	103	103	103	103	103	103
Wool Creek	103	103	103	103	103	103	103	103	103	103	103	103	103	103
Concordia	103	103	103	103	103	103	103	103	103	103	103	103	103	103
Total	1002	905	944	603	1075	821	802	1090	329	1015	218	978	251	1014

Parkhurst and His Methods.

Measured by results, the Rev. Dr. Parkhurst is undoubtedly the most successful of all the American reformers of the present day.

About two years ago the doctor, single-handed and alone, began his famous crusade against the then existing reign of vice and corruption in New York. His heart was in his work, and he nerved himself to meet the storm of ridicule and abuse which he knew would soon burst upon his head.

Warned by the failure of other pulpit reformers who had dealt in sensational statements and fierce denunciations without having the facts to sustain them, he made it his business to first make himself master of the facts of the case.

Month after month this resolute and fearless man plodded through the slums. He took with him one or two trust-worthy men whose testimony would have weight, and together they visited the disreputable houses whose inmates engaged nightly in abandoned orgies and obscene exhibitions which would have shamed even the most callous votaries of vice in the worst quarters of Paris.

In the prosecution of the keepers of these dens the fact came out that the police were aware of the character of their houses, but in consideration of a heavy blackmail periodically paid to them they did not interfere with them.

When these revelations were first made there was a powerful opposition arrayed against Parkhurst. It was said that a minister had no right to become a detective and familiarize himself with the worst and grossest forms of immorality, and that his crusade would do more harm than good. But Parkhurst knew what he was about. He was after the facts, and he believed that when the truth was made public he would win. The newspapers gradually stopped their ridicule and came to his support, and the city politicians and police officials began to feel uneasy. They saw that there were tremendous possibilities in this terrible preacher who went about with an emotionless face, notebook in hand, watching nude women and blackmailing policemen.

Finally, an indignant people ranged themselves on the side of Parkhurst and then came the Lusk investigation. It would be impossible to summarize here the results. The testimony made it plain that with few exceptions the police judges and police captains of New York were a debauched gang of blackmailers, and that their illegal gains during the past thirty years had amounted to \$100,000,000.

The election followed, and the people rose in their wrath and kicked out the whole crowd of corruptionists.

Now, what gave Parkhurst this wonderful victory? He did not win it by his sensational actions and utterances. Others had been fully as sensational, and had accomplished nothing. This man triumphed because he was making a fearless fight for a good cause, and he used facts for his weapons. He made no charges without the proof to support them, and when this dawned upon the public mind the pulpits, the press and the better classes rallied around the reformer. They did not wholly endorse his sensationalism, but they said: "Never mind whether Parkhurst's methods were in good or bad taste. We must deal with his facts. He has shown us how to overcome the twin evils of vice and corruption and our self-preservation demands prompt and vigorous action."

How Dr. Parkhurst and his work are regarded in New York will appear from the following remarks of Dr. Scudder, in his sermon last Sunday:

"The signal victory of last week was due in large measure to one man—Dr. Charles H. Parkhurst. To-day he is the most interesting figure in both politics and religion. Two years ago a man more fondly maligned could not be found in these United States. He was the target for low jests in barrooms and variety theaters. Even the clerical pitied his rashness and shook their heads. If he had been a weaker man, the tiger would have swallowed him without the form."

A LONG STRING of diseases follows a "run-down" system when the liver is inactive and the blood in disorder. Look out for "breakers ahead" by putting the liver and blood in healthy condition. You've only to turn to the right remedy to make yourself secure from disease. Dr. Pierce's Golden Medical Discovery presents as well as cures. Take it, as you ought, when you feel the first symptoms (languor, loss of appetite, dullness, depression) and you'll save yourself from something serious.

In recovering from "La Grippe," or in convalescence from pneumonia, fevers, or other wasting diseases, nothing can equal it to build up needed flesh and strength. It's a blood-purifier that has stood the test of time for a quarter of a century. The discovery of the cure by the thousands of those afflicted with Scrofula, Eczema, Tetter, Salt Rheum, Erysipelas, Boils, Carbuncles, and every kindred ailment. If you restore no benefit, you'll get your money back. What offer could be fairer?

Dr. Price's Cream Baking Powder. World's Fair Highest Medal and Diploma.

ality of chewing; but being a spiritual giant, he hurled a javelin that sent the beast into a death agony. People talk of erecting a monument to Dr. Parkhurst. I hope they will, but his own fearlessness and independence, his patient pertinacity and grand puritanic hatred of evil, are qualities of character which have already built him a monument so high as to be visible from every part of the country. Of course, a variety of elements conspired to bring about a change of government in New York city, but without doubt Dr. Parkhurst was the prime mover in this reform movement. If the Lusk committee supplied the fuel for the campaign Dr. Parkhurst lit the fire.

Next to this heroic man we must compliment the great newspapers, which took so active a part in this glorious battle for law and order. Justice compels us to speak of them in terms of highest admiration. What a tremendous agency for good the secular press has been in the recent elections! How would this victory have been accomplished without their prodigious activity and world-wide circulation; their ability to stir up public sentiment? We are a reading people, and public opinion is largely created by the daily newspapers. If they range themselves against an evil commences to bombard it, it is doomed. Every squib is a bullet, every editorial a broadside. If during the past few weeks the secular press has not done genuine religious work, then I don't know what religion is. Well may pulpits and press shake hands over this triumphant victory."

We all know the result. Future reformers will do well to profit by the lesson. Let them be sure that they are fighting a real evil; and let them fight it with facts!—Atlanta Constitution.

OF INTEREST TO LADIES.—The scalp may be kept white and clean, and the hair soft, pliant, and glossy, by the use of Ayer's Hair Vigor. This preparation never fails to restore to faded and gray hair its original color. Sold by druggists and perfumers.

No Man Too Poor to Take His County Paper.

No man is too poor to take the county newspaper, says an exchange, and it is false economy to get along without it. Hardly a week passes that something does not appear in its columns that will be of financial benefit to the subscriber, and by the end of the year he has made or saved from one to twenty times its subscription price. The city papers do not take the place of the county paper, although some people seem to think they do. The city papers are all right in their way, but they don't give you what you are most interested in—your county news. You cannot learn from them when and where public meetings are to be held, who are dying or who are moving in and who are moving out, court proceedings, who wants to sell land—in fact, hundreds of items which might be of particular importance for you to know. Such matters city papers cannot furnish, but the county newspaper can and does. If you can afford but one paper, by all means take one that is published in the county in which you live.

Henry Wilson, the postmaster at Welston, Florida, says he cured a case of diarrhoea of long standing in six hours, with one small bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy. What a pleasant surprise that must have been to the sufferer. Such cures are not unusual with this remedy. In many instances only one or two doses are required to give permanent relief. It can always be depended upon. When reduced with water it is pleasant to take. For sale by A. R. Fisher, Cloverport and Kincheloe & Board, Hardinsburg, Ky.

Rock Vale School.

On Friday, Nov. 9, the close of the first ten weeks' session of our school, a written examination was held. The pupils acquitted themselves most creditably as is shown by the averages here given: Fifth grade.—Ida Howard, 100; Styles Howard, 100; Paul D. Minter, 98; Glenn Fisher, 99; Ed Fisher, 97; Nannie Fisher, 98; Sallie Clemens, 98; Nettie Doyle, 96.

Fourth grade.—Guyllie Howard, 96; John Fisher, 95; Mona Doyle.

Third grade.—Thillie McCarty, 100; Eunice Day, 99; Lizzie Fisher, 99; Pearl Pemberton, 99; Dowden Day, 96; Robert Fisher, 96; Gustavo Doyle, 93; John Doyle, 91.

Second grade.—Estel Pemberton, 95; Orab Patterson, 95; Lonnie Jackson, 93; Jos. ph Jackson, 95.

NANNIE J. GREEN, Teacher.

Call at Babbage's the Gentle Furnisher for cold weather underwear.

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SHERIFF F. K. RHODES.

Gone Down in Defeat But With a Clean Record and a Clear Conscience.

A LETTER THAT EXPLAINS ITSELF.

HARDINSBURG, Ky., Nov. 7, 1894.—MR. THOS. L. WOOD, D. S. B. C.—DEAR SIR, We have met the enemy and have been defeated but I want to say to you that I feel that we have gone down in honorable defeat. I have never done the first thing in my official capacity that I am sorry for or ashamed of.

I have never heard a word of complaint of one of my deputies. I believe we have all acted honorable and honest in performing our duties. Now, the majority of the people say that they prefer some others to do their business, and we can say to them that they are entitled to their choice, and now settle their accounts with us and we will retire from among them.

Now Tom, I am going to endeavor to collect my entire book before the first of January. While I have the highest regard and best of wishes for the good friends that stood to us, justice to ourselves demands this upon our part. I have counselled with many of my friends and that is the advice that every one of them has given me.

Yours Respectfully,
F. K. RHODES.

Pure blood is absolutely necessary in order to enjoy perfect health. Hood's Sarsaparilla purifies the blood and strengthens the system.

BALL TOWN.

Held over from last week. Success to the News and the Republicans.

Miss Fronie Pate was the guest of Misses Alice and Lula Brickey Saturday.

Mr. and Mrs. Bill Brickey give the youngsters a social last Thursday night. They report a nice time.

Miss Maggie Bates, who has been at Illinois spending several months with her sister, Annie, returned home last Wednesday.

Miss Clara Elder is at her grand-mother Taul's to spend the winter.

Miss Lula Brickey, who has been sick for a long while, is some better.

Mr. Fred Frank's horse got scared the other night here and ran three miles before he stopped.

Miss Alice Brickey was the guest of Miss Ida Frank last Saturday night.

Well we will have to give up our county road running from Balltown to St. Mary's church. Joe Mullen says that he will have to stop it now for he has to go according to promise.

Mr. Owen Whitehouse was in Balltown Sunday. He is almost a stranger.

The way to cure a cough is to stop the coughing. Dr. Bell's Pine Tar Honey cures loose the mucous, heals the lungs and bronchial tubes quickly. Cures grip cough in one night. For sale by Short & Haynes, Cloverport; Dr. R. H. McMillin, McDaniels; M. Meyer & Co., Evans; Geo. Heyer, Constantine; A. Taylor, Rosetta; Drury, Bennett & Co., Bewleyville, Ky.; W. E. Brown, Irvington, Ky.; Jno. P. Nichols, Garfield, Ky.; A. R. Morris, Big Spring, Ky.

Well-Known and Popular in Owensboro.

The news was received here yesterday morning of the death at 10 o'clock of young A. B. Skillman, one of Cloverport's most popular and promising young men. He was the youngest son of the well known Cloverport banker, and was a promising young man of 20 years. He was well known in this city and leaves a host of friends. Although for more than a year he has been in bad health, he visited in this city during the fair week and became popular with everybody he met.—Owensboro Messenger.

GARRETT.

Held over from last week. Born to the wife of Jim Collins, Nov. 9, a nine pound boy.

G. R. Miles and Jeff Wright were in Louisville this week.

D. S. Roberts, wife and babe spent last Sunday with Mrs. Burch and family.

George Holstein and wife were the guests of G. R. Miles and wife this week.

R. L. McGuffin, drummer for W. H. Newman & Co., was in town this week.

Aunt Julia Ann Ritchie has been visiting her son, France Ritchie, of near here.

Mrs. Funk and children spent last Sunday at Garnettsville the guest of Cap Lane and wife.

Red Shacklett and family were the guests of Mr. J. G. Shacklett and wife, of Hill Grove, last Sunday.

James Ricketts and family, of Brandenburg, were in town Sunday the guests of Mrs. Foushee and family.

Will Foushee and wife, of Ekron, and Dr. Miles, wife and babe were the guests of France Ritchie and family Sunday.

Hugh Buckler went to see his best girl last Sunday evening and didn't get home Monday morning. Hugh there must have been great attractions.

PUBLIC SALE!

For two months, I offer for sale on twelve months time, all my farming implements and stock: Cattle 15 head, hogs 40 head, horses 8 head, good ones of all kinds. A bid of \$300 is reserved on Ben Herr. All kinds of tools used in modern farming. Farm on reasonable terms and price.

Correspondence solicited. Going to quit farming, it hurts my feelings.
J. F. CARTER, Webster, Ky.

Under The new Tariff Law

Just received our new stock of Fall and Winter Goods.

We waited with patience for the long talked of Tariff to come off, and we assure you if you will come and

Examine Our Stock and Prices!

you will readily see the difference between Tariff on and Tariff off! Dress Goods and New Trimmings, Towels and Table Linens will be on our special counter this week. Be sure and call on us.

JACOB & MEYER,
BIG SPRING, KY.

NEAT'S BEATS THEM ALL. NEAT'S SARSAPARILLA. BEST BLOOD PURIFIER IN THE WORLD. Compounded of nature's greatest curative herbs. Successful for 20 years in the cure of all diseases arising from impure blood. Ask for "Neat's" and take no other.

Neat's Sarsaparilla is for sale by A. R. FISHER, Druggist, Cloverport, Ky.



It's going Hand in Hand.

TOPIC OF THE DAY

Why are we doing such a Big Business?

ASK FOR PRICES

SEE OUR VARIETY.

Then you need no further explanation.

QUOTATIONS:

Boots and Shoes.				
Men's Good Boots	\$1.25		
" Full Stock Brogans	75		
" Fine Shoes	1.00		
" Pattern Leather	1.25		
Ladies' "lined Shoes	1.00		
" Fine	75		
One lot Ladies' Sample Shoes, worth \$2.50 to \$5.00 for	1.50		
Custom made Hurl boots and shoes at a Big Bargain	1.00		
Clothing.				
Special sale in				
Men's suits for	\$2.00		
" " " " " " " "	3.00		
Boys " " " " " " " "	4.00		
" " " " " " " "	75		
" " " " " " " "	1.25		
" " " " " " " "	1.50		
Men's Overcoats	1.50		
Men's Wool Overcoats	4.00		
Boy's Overcoats	1.25		
A large stock of Men's Fine Tailor Made Suits.	1.50		
			Cloaks.	
			Ladies' Jackets 35
			" Cloaks 2.00
			One Lot Ladies' fine Capes and Cloaks, very cheap. 1.50
			Dress Goods.	
			Sacquiring Flannel worth 60 for 35
			French Gingham worth 40 for 12 1/2
			30 inch Worsted worth 40 for 25
			A large variety of Novelty Dress Goods, latest styles. 1.50
			Blankets.	
			Double Grey Blankets former price 1.50 now 1.00
			" "	

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W. L. DOUGLAS. \$3 SHOE. IS THE BEST. NO SQUEAKING. \$5. CORDOVAN. FRENCH MANUFACTURED. \$3.50 POLICE. 3 SOLES. \$2.50 \$2. WORKINGMEN'S. \$2.12 1/2 BOYS SCHOOL SHOES. LADIES. \$3.25 \$2.12 1/2. BEST DONOLA. SEND FOR CATALOGUE. W. L. DOUGLAS, BROCKTON, MASS.

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S. L. SULZER, Cloverport, Ky.
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